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Last year I enrolled in the wellness plan and participated in the biometric screenings. My first screening indicated pre-hypertension and my doctor made some recommendations for me including losing weight and regular exercise. I increased my level of activity to include walking and moderating my diet. This year's biometric screenings indicated an improvement over last year, even though I did not think I had been doing enough to achieve significant results.

On Valentine's Day, I got a call that my dad had been admitted to the hospital with congestive heart failure. He was hospitalized twice and had to come stay with us. Being aware of my own condition helped me to be proactive with my father's condition and helped with addressing issues that could cause more serious problems in the future.

Losing weight has obvious benefits, but the best part about my experience has been learning to enjoy running. I began running once a week a few months ago and have been able to lose fifteen pounds. In addition to helping resolve the high blood pressure issue I have found a great way to manage stress and weight at the same time. The exercise has helped me feel better in many ways.

Because we spend so much time and effort taking care of other people, it's very easy for your own needs to often get lost in the shuffle. The wellness program provides useful tools and reminders that help you maintain a long-term approach to managing your health, which is the best way to focus on making positive changes.

Having a program at work that's part of the fabric of the organization helps remind you that it is important to focus on your health. It's not just an article in a letter you get once in a while or an ad on TV. These are real people who have a genuine interest in helping you achieve the goal of being healthy. They are a valuable resource and know that you will feel better about making positive changes.

